



Project Healthy Schools

Program Overview



M UNIVERSITY OF MICHIGAN

www.projecthealthyschools.org

Introduction

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.¹ Nearly one in three children in Michigan, ages 10-17, are overweight or obese.² Childhood obesity has both immediate and long-term effects on health and well-being.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. Project Healthy Schools (PHS) is one of the few school-based programs that have demonstrated significant improvements in both health behavior and cardiovascular risk factors, including reductions in:

- total cholesterol
- LDL cholesterol (bad cholesterol)
- triglycerides
- blood pressure

The mission of the University of Michigan's Project Healthy Schools, in collaboration with community partners, is to improve the present and future health of youth through school-based education, environmental initiatives and engagement of the school community to support healthy choices. Health behaviors are influenced and improved in five key areas:

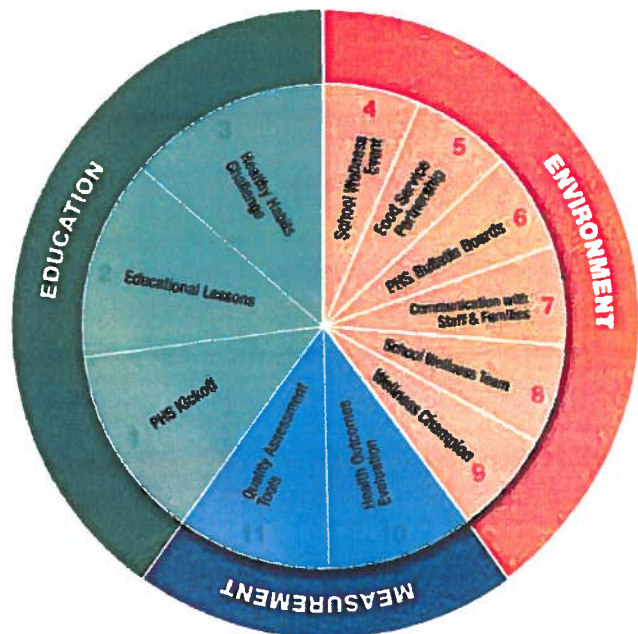
- Eat more fruits and vegetables
- Choose less sugary food and beverages
- Eat less fast and fatty food
- Be active every day
- Spend less time in front of a screen

Focusing on sixth grade, but incorporating activities that engage the entire school, Project Healthy Schools aims to:

- Teach youth healthy habits
- Develop healthy school environments
- Create an infrastructure that supports program sustainability and replication

Project Healthy Schools is funded by the University of Michigan Health System and philanthropic contributions from individuals, corporations and foundations. Started in Ann Arbor in 2004, PHS has greatly expanded* across the state of Michigan.

The 11 Program Components of PHS**



* Please see attachment for an up-to-date list of schools where PHS operates.
**Please see pages that follow for complete descriptions and examples.

¹ Centers for Disease Control. CDC 2014. Childhood Obesity Facts. Retrieved 01/13/15 from www.cdc.gov/healthyyouth/obesity

² National Survey of Children's Health. NSCH 2007. Data query from the Child and Adolescent Health Measurement Initiative, Data Resource Center for Child and Adolescent Health website. Retrieved 02/21/13 from www.childhealthdata.org

Description of the 11 Program Components of Project Healthy Schools

Education

The education component of PHS is delivered to sixth grade students in the following ways:

1. Project Healthy Schools kickoff

The kickoff provides an introduction to Project Healthy Schools before the lessons begin. The kickoff could be an:

- Activity
- Event, or
- Promotion such as an assembly or skits to excite sixth grade students about the program.



2. Educational lessons

The PHS curriculum emphasizes five program goals and is aligned to the Common Core learning standards that are used in Michigan schools.

- There are ten PHS lessons and one lesson is typically taught each week.
- Schools identify a class in the school day where the lessons will fit, teachers to teach the lessons to sixth grade students, time for the teachers to be trained and space to store the lesson props and materials.



3. Healthy Habits Challenge

The Healthy Habits Challenge is a fun competition between classes to encourage achievement of healthy goals. The winning class receives a healthy prize, such as a smoothie party.



Environment

Changes to the environment are tailored to the specific school's needs and can impact students of all grades, as well as benefit staff and families. These changes are highlighted below:

4. School wellness event

Schools assist in the planning of a school wellness event to encourage physical activity and healthy eating. Some examples of such an event include a:

- Field day
- 5K walk/run
- Health fair
- Healthy cooking demonstration

5. Food service partnership

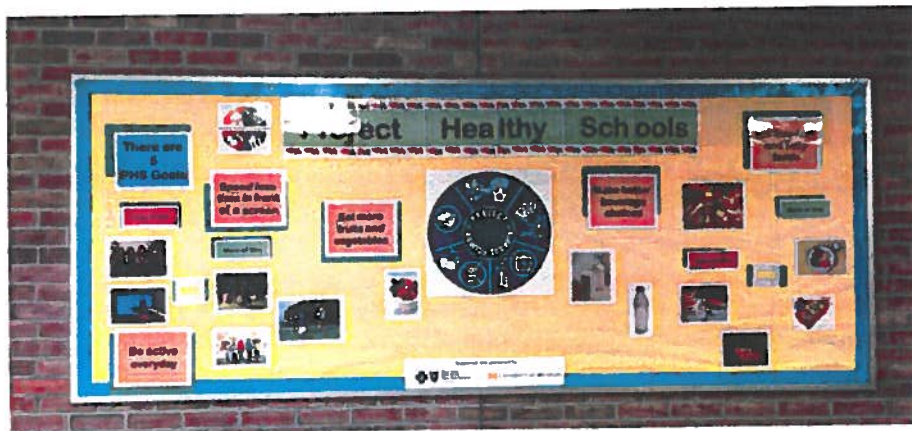
Schools facilitate collaboration between Project Healthy Schools and the food service director regarding:

- Promotion of healthy food and beverage options
- Incorporation of local produce or farm-to-school initiatives (where possible)
- Student feedback on school meals



6. Project Healthy Schools bulletin boards

Schools identify a bulletin board in a highly visible area for PHS health promotion displays.



7. Communication with staff and families

Schools identify their preferred method to reach staff and families regarding PHS and general health promotion (newsletters, email blasts, announcements, etc.).

8. School wellness team

The school identifies school wellness team members before the program begins and also arranges the first meeting. A school wellness team is a group of people (often teachers, parents, administrators, and students) with the common interest of creating a healthier school environment. The committee, with assistance from the Project Healthy Schools coordinator:

- Assesses the school's strengths
- Identifies opportunities to enhance the healthy school environment and,
- Creates an action plan.

This team is responsible for raising funds for the disposable items that are used in the PHS lessons (including items such as food, tasting cups, forks, plates, etc.) for long-term program implementation.

9. Wellness champion

Principals identify one or two people to serve as wellness champion(s) and work closely with the PHS coordinator to learn the details of how to implement and sustain the program in the long-term. The wellness champion(s) are compensated for their involvement in the program.

Measurement

The measurement component, used to understand the health behaviors of the students and assure program quality, is done through:

10. Health outcomes evaluation

Schools assist and support the PHS coordinator with collecting health outcomes information from students who receive the educational lessons. All data is kept fully confidential and no individual students are identified.

11. Quality assessment tools


Schools support the administration of other quality assessment tools as needed, such as surveys for teachers and students regarding their satisfaction with the educational lessons.





School Expectations

To be considered for the Project Healthy Schools program, schools must commit to:

- Implementing all components of the program: education, environment and measurement in collaboration with the Project Healthy Schools coordinator.
 - Identifying key personnel to support and sustain the program, including the wellness champion.
 - A three-year partnership with Project Healthy Schools:
 - **Year one:** The Project Healthy Schools coordinator provides program materials, training and consultation to implement the program in your school and begins training the wellness champion (an identified school staff member) in their role.
 - **Year two:** The Project Healthy Schools coordinator continues to provide program materials, training and consultation to transition the program to the wellness champion.
 - **Year three:** The wellness champion will be fully responsible for program implementation. The Project Healthy Schools coordinator will provide materials and be available as a resource.
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Project Healthy Schools 2014-2015 Schools

Allendale

Allendale Middle School***

Ann Arbor

Ann Arbor Open

Clague Middle School

Forsythe Middle School

Scarlett Middle School

Slauson Middle School

St. Thomas the Apostle School***

Tappan Middle School

Bay City

T. L. Handy Middle School***

Brooklyn

Columbia Middle School***

Byron

Byron Middle School*

Chesaning

Chesaning Middle School*

Corunna

Corunna Middle School*

Dearborn

Bryant Middle School***

Deerfield

Britton-Deerfield Schools: Deerfield Building***

Delton

Delton Kellogg Middle School***

Detroit

Dixon Educational Learning Academy***

Henry Ford Academy: School for Creative Studies

Medicine & Community Health Academy at Cody

Noble Elementary-Middle School***

University Prep Academy Middle School

University Prep Science & Math Middle School

YMCA Detroit Leadership Academy Middle & High School

Durand

Durand Area Middle School*

Flint

Carman-Ainsworth Middle School****

Grand Blanc

Grand Blanc East Middle School****

Grand Blanc West Middle School****

Grand Rapids

Vista Charter Academy***

Grosse Pointe

Pierce Middle School**

Harper Woods

Tyrone Elementary School**

Laingsburg

Laingsburg Middle School*

Livonia

Clarenceville Middle School***

Manistique

Manistique Middle & High School***

Marquette

Father Marquette Middle School***

Marshall

Marshall Middle School***

Morrice

Morrice Elementary School*

Ovid Elsie

E.E. Knight Elementary School*

Owosso

Owosso Middle School*

St. Paul Catholic School*

Perry

Perry Middle School*

Redford

Michigan Technical Academy***

Romulus

Romulus Middle School***

Summit Academy Middle School***

Saginaw

White Pine Middle School***

Swartz Creek

Swartz Creek Middle School***

Troy

Larson Middle School**

Waterford

Mason Middle School***

Pierce Middle School***

Westland

Johnson Upper Elementary School***

Ypsilanti

Lincoln Middle School

Ypsilanti Community Middle School Willow Run Campus

* In partnership with Memorial FIT Kids, funded by Memorial Healthcare Foundation in Owosso, Michigan.

** In partnership with Beaumont Health System and Children's Miracle Network.

*** In partnership with Blue Cross Blue Shield of Michigan's Building Healthy Communities program

**** In partnership with Greater Flint Health Coalition and Genesys Health System



The Building Healthy Communities Partnership

www.bcbsm.com/buildhealth

A partnership between



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan



**MICHIGAN
FITNESS
FOUNDATION**



Means More
United Dairy Industry of Michigan



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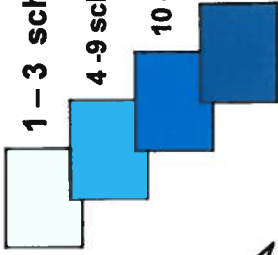


GOPHER



A map of Wisconsin counties. The counties of Marquette and Chippewa are highlighted in blue. Marquette has two red dots, and Chippewa has two red dots. Other counties shown include Keweenaw, Houghton, Ontonagon, Gogable, Baraga, Iron, Dickinson, Menominee, Delta, Alger, Schoolcraft, Luce, Mackinac, Emmett, and Cheboygan. The title 'Building Health' is written in large blue letters across the top of the map.

Impact 2009-2015



Program Reach:
Since 2009, the program has helped more than 100,000 students in 275 schools.

2014-2015 Schools

- Elementary School Program**
- Middle School Program**
- Breakfast in the Classroom Grant**

- **Elementary School Program**
- **Middle School Program**
- **Breakfast in the Classroom**

